



FAIRHAVEN WILL BE IN TOWN!

Festival season is here, and it is wonderful to be a part of a vibrant local community! Come and visit us at the Health & Wellbeing Event in the Broadway Gardens, Letchworth Garden City on Saturday 7th May 10am-4pm for a chance to win a Fairhaven hamper full of wonderful nutritional goodies. We are also at the EcoFest in Baldock on the same day from 12pm – 5pm, organised by Baldock Beats Waste. Guess the weight of our Eco-friendly hamper – closest guess wins! Hope to see you there ... and take a photo of the promotional leaflet at each event for 10% off all instore items – valid throughout May 2022. Rumour has it there will also be a 10% off poster in Vutie Beets!



AWARENESS DAYS IN MAY

Skin Cancer Awareness Month, Action on Stroke, National Walking Month || 1st-8th Time for a cuppa
 2nd-8th National Gardening Week
 3rd – 9th Sun Awareness Week
 3rd World Asthma Day
 8th World Ovarian Cancer Day
 9th-15th Coeliac Awareness Week
 10th-16th Mental Health Awareness Week,
 ME Awareness
 12th International Nurse & National Limerick Day
 16th – 22nd Dementia Action Week
 20th World Bee Day
 21st Meditation Day
 23rd World Turtle Day
 31st World No Tobacco Day

SUPPLEMENT SPOTLIGHT

ANDROGRAPHIS

Effective and safe in preventing colds and treating upper respiratory infection, Andrographis paniculata, has recently come under scrutiny for its exciting anti-cancer potential, however the herb is most often used for more common and less serious conditions.

These include sinus infection, the common cold, pain and inflammation and detoxification.

Popular in Chinese medicine, this herb has excellent antimicrobial, anti-inflammatory and antioxidant properties and has long been used in Ayurveda and traditional Chinese medicine. According to research, Andrographis taken at 100 mg twice a day for five days can help relieve many of the symptoms of common cold. These include cough, headache, fatigue, fever, and earache. It has been shown to reduce cold and flu symptoms, sore throats and lung infections and intensity of symptoms if taken within 24 hours of onset.

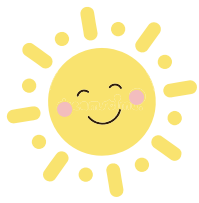
Andrographis is being trialled as a therapy for COVID-19 and has also been used to treat ulcerative colitis. It is **LIKELY SAFE** when taken by mouth appropriately, short-term (up to three months).

The Fairhaven team are always more than happy to help and support you, just ask.

<https://healthyfocus.org/health-benefits-of-andrographis/>
<https://www.indigo-herbs.co.uk/natural-health-guide/benefits/andrographis-paniculata>
<https://guardian.ng/features/science/advances-in-covid-19-therapies/?msclkid=97297886c0ae11eca95c495eb2c7f0c>
<https://www.webmd.com/vitamins/ai/ingredientmono-973/andrographis?msclkid=be7fb495c0af11ec805975bca410aef>

THE SUN

THIS MONTH'S HOT TOPIC



Health benefits of exposure to the sun are being more widely understood now, although it is recognised that there is a balance to be struck between too much and not enough!

When UVB rays hit human skin, they interact with the 7-DHC protein there to produce vitamin D3. These rays also cause human skin to produce beta-endorphins, hormones that reduce pain and stress, and generally make us feel happier.

Other benefits include:

- supporting healthy bones
- managing calcium levels
- reducing inflammation
- supporting the immune system and glucose metabolism
- lowering blood pressure through releasing nitric oxide, which dilates blood vessels
- helping wounds heal
- reducing depression and helping a person feel more alert

Whilst there are benefits to sun exposure, there has been a significant rise in skin cancer due to overexposure, an increase in the use of tanning beds and an aging population. Certain medications also increase the skin's photosensitivity such as tetracyclines (antibiotics), NSAIDs (e.g., Ibuprofen) and diuretics. Check with your pharmacist if concerned.

Ultraviolet rays are responsible for sun damage and sunburn. UVC rays are the most dangerous but are blocked by the ozone layer. UVB rays are responsible for burning the skin, skin cancer and reach the epidermis below the surface of the skin. UVA rays make up about 95% of UV radiation, pass through glass and can penetrate deep into the skin, being responsible for aging and wrinkles and

may cause DNA damage.

There is now a UV index published to help people protect themselves against the risks of skin cancer and skin damage. Cancer Research UK has published advice on how to protect against skin cancer:

- Seek shade when the sun is at its hottest (strongest UV rays) - between 11am and 3pm in the UK
- Cover up with T-shirts, hats, and sunglasses
- Use an SPF15 sun cream which indicates the level of UVA/UVB protection

Supplements which have been studied and linked to protective benefits against skin cancer include Vitamin A, C, and E, selenium, fatty acids, and resveratrol (found in red grapes, blueberries, peanuts and dark chocolate). Astaxanthin (last month's supplement spotlight) has also been shown to protect against sun damage. Natural oils have varying degrees of Sun Protection Factor with wheat germ oil, avocado oil and hemp seed oil all being effective oils to use as a base for sunscreens. For natural protection, use a sunscreen containing zinc oxide or titanium oxide.

At Fairhaven we have several different sunscreens suitable for children and families which are free from harmful chemicals and even one that contains a natural insect repellent perfect when hiking in the countryside. Pop in to see what we have available!



Do contact your GP if you notice any unusual change to your skin. Follow this link for more information from the British Association of Dermatologists on keeping safe in the sun, read more here:

<https://www.bad.org.uk/for-the-public/skin-cancer?msclkid=57a3c101bfed11ec8802678657f68f51>

WEBSITE LINKS

- <https://www.medicalnewstoday.com/articles/benefits-of-sunlight>
- <https://news.sky.com/story/skin-cancer-warning-after-150-rise-in-uk-deaths-since-1970s-12052798>
- <https://www.britishskinfoundation.org.uk/how-to-stay-safe-in-the-sun#>
- <https://pubmed.ncbi.nlm.nih.gov/29941810/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3140123/?msclkid=77fb0c25bfe911ec88123c8abc3651ca>
- <https://www.ncbi.nlm.nih.gov/books/NBK519527/>